

# *LifeFitness*

**LIFECYCLE 5500**



**OPERATION MANUAL**



# *Life Fitness*

*interactive fitness solutions*

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## INTRODUCTION

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**Congratulations...**and thank you for purchasing a **Lifecycle® 5500** aerobic trainer. Your new Life Fitness aerobic trainer is the most versatile in-home exercise bike ever developed, the culmination of over 20 years of Life Fitness research, technological innovation and engineering expertise. Lifecycle exercise bikes are recognized the world over as one of the most popular and advanced computerized stationary bicycles.

Like other Life Fitness products, the **Lifecycle 5500** aerobic trainer offers you a host of exclusive features designed to help you achieve your fitness goals faster and with greater enjoyment. Industry-standard workout programs, an array of up-to-the-second visual feedback, and a comfortable, ergonomic design are just a few of the benefits you'll enjoy on your **Lifecycle 5500** aerobic trainer.

**Why use a Life Fitness aerobic trainer?** Aerobic training on a **Lifecycle 5500** exercise bike is more than just a great workout. The **Lifecycle 5500** aerobic trainer has a comfortable padded seat and biomechanically superior position, including variable-ergonomic handlebars that enable you to select the most comfortable riding position throughout your workout.

With features like the Race program, Fit Test, level 0 resistance that is almost 25% easier than the level 1 found on earlier editions of the classic Lifecycle aerobic trainer and exciting variable-ergonomic handlebars, you'll be much more likely to stick with your exercise plan and accomplish your goals.

If you have any questions regarding the operation of your **Lifecycle 5500** aerobic trainer, please call **Life Fitness After Market Services** at (708) 451-0036 or toll free within the U.S. and Canada at (800) 351-3737. For product service in Europe, refer to the first page of this manual and contact your nearest Life Fitness office.

**CAUTION:** Life Fitness **STRONGLY** recommends that if you are undertaking an exercise program you see your physician for a complete medical exam, particularly if you have a family history of high blood pressure or heart disease, are over the age of 45, or if you smoke, have high cholesterol, are obese, or have not exercised regularly in the past year. If, at any time while exercising, you feel faint, dizzy, short of breath, or pain, stop immediately.



## ***SAFETY INSTRUCTIONS***

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### ***R E M E M B E R: S A F E T Y F I R S T !***

- Always follow the console instructions for proper operation.
- Never operate a Life Fitness trainer if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness After Market Services.
- Never insert objects into any opening in your *Lifecycle 5500* aerobic trainer. If an object should drop inside, carefully retrieve it; if you cannot reach the item, contact Life Fitness After Market Services.
- Never place liquids of any type directly on the unit, except on an accessory tray. Containers with lids are recommended.
- Do not use the *Lifecycle 5500* aerobic trainer outdoors, near swimming pools or in areas of high humidity.
- Do not use the *Lifecycle 5500* aerobic trainer in areas where aerosol spray products are being used or where oxygen is being administered. Such substances increase the danger of combustion and explosion.
- Keep all loose clothing, shoelaces, and towels away from the *Lifecycle 5500* exercise bike pedals.
- Keep the area around your *Lifecycle 5500* aerobic trainer clear of any obstructions, including walls and furniture.
- Always be careful and exercise caution when mounting or dismounting your *Lifecycle 5500* aerobic trainer. Use the handlebar whenever additional stability is required.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. *Do not use the trainer in your bare feet.*
- Do not tip the *Lifecycle 5500* aerobic trainer on its side during operation.

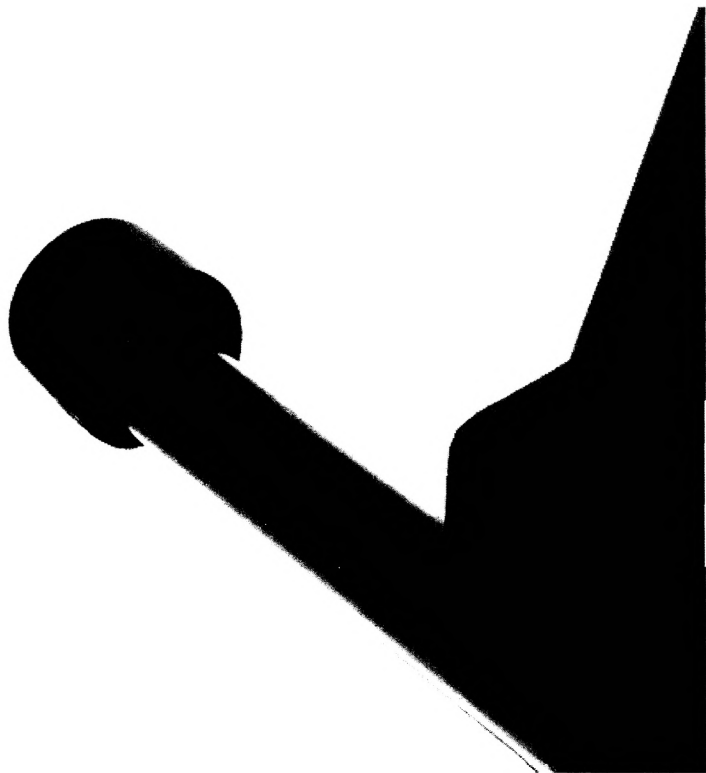
***SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE***



## ***HOW TO LEVEL THE LIFECYCLE 5500 AEROBIC TRAINER***

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Depending on the surface you place your ***Lifecycle 5500*** aerobic trainer on it may need to be leveled. After you place the bike where you will be primarily using it, check the stability of the bike by attempting to rock it back and forth. If it rocks, it isn't level. To level it, turn either foot cap on the stabilizer bar in either direction until the rocking motion is eliminated (only one foot cap needs to be turned).



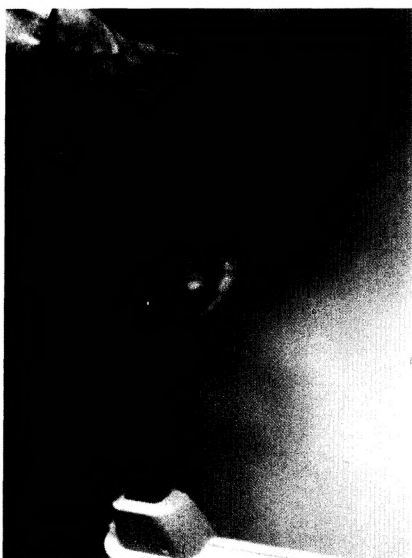
***Leveling the Lifecycle 5500***



## HOW TO ADJUST THE SEAT

A properly adjusted seat is extremely important in any bike-oriented exercise activity, and the **Lifecycle 5500** aerobic trainer is no exception. If the seat is too low, excessive strain will be placed on the knees and quadriceps muscles; if the seat is too high, the resulting reaching action will irritate your feet, ankles, hips and knees.

To adjust the seat properly, sit on it and place the balls of your feet on the pedals. An optimum position will allow you to move through the bottom of the stroke without locking your knees or shifting in the seat (your knees should have a slight bend at the point of fullest leg extension). If the seat needs to be adjusted, dismount the bike and pull out the adjusting pin located on the front of the seat post. Slide the seat post up or down as necessary to the proper position and reinsert the pin. Check the seat height again and readjust it if necessary.



*Adjusting the seat*



**CAUTION:** Do not attempt to adjust the seat while you are pedaling the bike. Doing so or failing to insert the seat pin completely may result in an uncomfortable workout or cause injury.





## ***HOW TO ADJUST THE FOOTSTRAPS***

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The pedals on your ***Lifecycle 5500*** aerobic trainer have rubber footstraps with three inside and seven outside slits on each. To adjust the width of the straps, grasp the outside of the strap and pull down and away from the knob. Once the slotted end is removed, choose a width that will feel the most comfortable while you are riding, reinsert the knob through the slot and pull the strap up. The knob will click when it locks in place.



***Adjusting the footstraps***

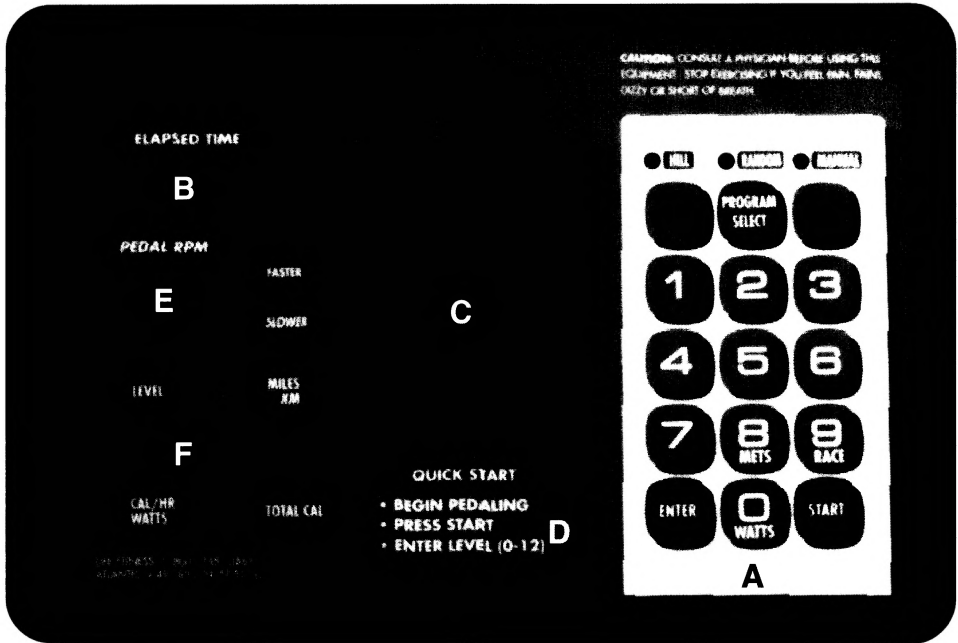


***CAUTION: Do not attempt to adjust the pedal footstraps while you are pedaling the bike. Doing so may result in an uncomfortable workout or cause injury.***



## THE DISPLAY CONSOLE

The **Lifecycle 5500** aerobic trainer's display console is easy to use, and it allows you to follow your progress as you ride. The on-board computer lets you tailor your workouts to your individual fitness capabilities and goals while providing a unique means of measuring your fitness improvement from one workout to the next.



### The Display Console

#### A. DATA ENTRY ZONE:

- **START:** The START key activates the display console once you begin pedaling and is then inactive for the remainder of the workout.
- **WATTS (0) and METS (8):** To continuously display WATTS (roughly equal to 1/4 of calories per hour) in the feedback window, press **0** after pressing START and prior to selecting a program. If you wish to enter a WATTS workload to maintain, enter that value using the keypad after pressing **0**. To display METS (a measurement of oxygen consumption per unit of body weight), press **8** after pressing START and prior to selecting a program. You will then be prompted to enter your weight in pounds (Lb) (or kilograms (gr) for metric machines. Both the WATTS and METS options will “lock” the feedback window, displaying only the WATTS and METS values (see **WATTS / METS Programmability Option**).



- **PROGRAM SELECT:** This is where you select your Hill, Random, or Manual workout program. Each time you press the PROGRAM SELECT key, an LED light will move from left to right to the next program option. When the program you want is displayed press ENTER or wait 10 seconds and your choice will be automatically entered. You may also choose:
  - ❑ **RACE PROGRAM:** A workout which uses varying pedal resistance – the effort levels function as “gears” and MPH is displayed rather than RPMs – to simulate the feel of a 12-speed racing bike.
  - ❑ **FIT TEST:** Exclusive to Life Fitness aerobic trainers, this program is a way of periodically measuring your aerobic fitness level compared to others of the same age and gender.
- **ENTER:** Actually *executes* the input of any information you have keyed in. It is not necessary to press ENTER when keying in a new effort level.
- **NUMERIC KEYPAD:** Allows you to enter numerical information pertinent to the program you've selected. For instance, in the Hill program you can select a workout duration of anywhere from 1 to 99 minutes. You may also enter a different resistance level than your current level and Fit Test data such as age, gender or weight via the numeric keypad.
- **CLEAR-PAUSE:** Use this key to put your workout program on hold or restart it. To put your workout on hold, press the key once and continue pedaling (remember, you are powering the machine; if you stop pedaling, all power is lost and the display will go blank). Pedal resistance drops to the minimum when the **Lifecycle 5500** aerobic trainer is paused and the stopwatch function is activated and the elapsed time window begins counting up from zero.

Use this as a brief rest period if you feel fatigued or to take your heart rate (See How To Take Your Pulse). Using the CLEAR-PAUSE key also allows you to receive heart rate readings on wristwatch receivers by substantially reducing the degree of electromagnetic interference (such interference either zeros wrist receivers (the display will read “00”) or causes inaccurate readings).

**To resume your workout after pausing it, press the ENTER key.**

Pressing CLEAR twice will end your workout and give you a complete summary of your workout, including calories burned, time elapsed and distance traveled.



- B. ELAPSED TIME WINDOW:** Shows the total elapsed time of your workout. When the CLEAR-PAUSE key is pressed the display functions as a stopwatch (you must continue pedaling). For additional information see **Operating Instructions and Program Descriptions**.
- C. PROGRAM PROFILE WINDOW:** Displays a matrix of lights showing your present position and upcoming terrain. The higher the column of lights the greater the resistance. The left-most column of lights represent your current position. The remaining columns show the upcoming terrain. As your workout progresses, the lights move across the screen from right to left. When you are at the Program Select stage, graphical depictions of each program appear in the Program Profile Window as that program's LED is lit.
- D. QUICK START INSTRUCTIONS:** Tells you how to get right into a *Lifecycle 5500* aerobic trainer workout.
- E. RPM WINDOW:** Your *Lifecycle 5500* aerobic trainer can display your speed in revolutions per minute (RPMs) or miles or kilometers per hour (MPH / KPH) when in the Race program. The Faster and Slower LEDs prompt you to increase your pedaling speed to help you maintain an optimum workout pace.
- F. FEEDBACK WINDOW:** Displays the number of calories burned per hour (or WATTS or METS if you have selected one of these options), total calories burned, total distance traveled (in miles or kilometers), and your current effort level. The readout automatically displays these forms of feedback in 10-second intervals, **except** when you are in the Hill program for a duration of fewer than six minutes when it changes every five seconds.

## How To Take Your Pulse...

If you aren't wearing a heart rate monitor chest strap and wristwatch receiver or need to take your pulse manually, place your index and middle fingers together and with slight pressure place them on either a) your neck, below your earlobe and near the angle of your jaw (this is your *carotid* pulse), or b) with your palm up, place your fingers on the thumb side of your wrist, just below the heel of your hand (this is your *radial* pulse).

Count the number of pulses for 15 seconds; multiplying this number by four will give you the number of beats per minute (BPM).



### **WATTS PROGRAMMABILITY OPTION**

It is possible in the Manual program (including the Quick Start option) to enter a resistance value in watts (35 to 328) rather than a resistance level (0 to 12). For instance, if your doctor should prescribe that you exercise three times per week for 20 minutes at 100 watts, this option ensures that you constantly maintain your 100 watt level regardless of pedal speed. In other words, if you begin pedaling at a *slower* pace – dropping your expended watts below 100 – the resistance will increase to return you to your 100 watt goal. Conversely, if you begin pedaling *faster*, the resistance will decrease, bringing you back down to the 100 watt threshold you need to maintain.

To enter a resistance value in watts:

- ❑ When you are prompted to enter a workout level, press 0.
- ❑ Enter a watts value between 35 and 328 within two (2) seconds of pressing zero (0).

You may change your resistance anytime in the watts mode by pressing 0 during your workout and keying in a new watts resistance level. To return to a traditional resistance level, key in a number between 0 – 12.



## HEART RATE TRAINING

Research shows that exercising within a specific heart rate range is the optimal way to both monitor your exercise intensity and achieve maximum results. That's the idea behind the heart rate training approach to exercise.

If your primary goal is to burn fat, you should exercise at a level between 60% and 75% of your theoretical maximum heart rate (defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as 220 minus your age). If you wish to improve your cardiovascular condition, you should work out at 75% to 85% of your theoretical maximum heart rate.

**Example:** If you are 30 years old, your theoretical maximum heart rate is  $220 - 30$  (your age) = 190 beats per minute (bpm).

If your primary goal is *to burn fat*:

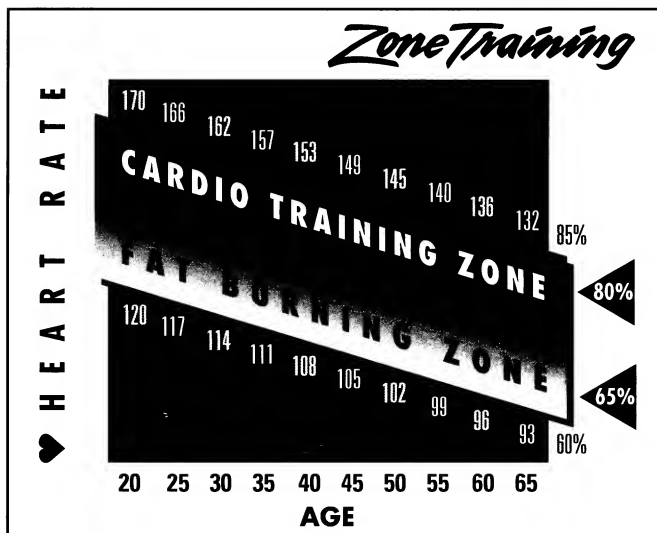
Multiply  $190 \times .60 = 114$  bpm (the low end of your target heart rate zone)

Multiply  $190 \times .75 = 143$  bpm (the high end of your target heart rate zone)

If your primary goal is *to improve your cardiovascular fitness*:

Multiply  $190 \times .75 = 143$  bpm (the low end of your target heart rate zone)

Multiply  $190 \times .85 = 162$  bpm (the high end of your target heart rate zone)



Heart Rate Zone Training chart



# OPERATING INSTRUCTIONS & PROGRAM DESCRIPTIONS

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Selecting a workout program on your Life Fitness aerobic trainer is easy. Five computerized aerobic workouts, including the exclusive Fit Test program, are pre-programmed on your **Lifecycle 5500** aerobic trainer:

## HILL

## RANDOM

## MANUAL

## RACE

## FIT TEST

**HILL** is an interval training workout consisting of a warm-up period followed by a plateau of constant effort, progressively more difficult levels of effort – or hills – separated by periods of recovery – or valleys – and a cool-down period.

**RANDOM** is a program of varying effort levels which occur randomly with each exercise session, resulting in more than one million workout combinations.

**MANUAL** maintains a constant effort level that you select and change whenever you wish.

**RACE** simulates the feel of a 12-speed racing bike by turning the 12 effort levels into “gears” which you can shift through just like an actual road bike.

**FIT TEST** is a way of periodically measuring your aerobic fitness level compared to others of the same age and gender.

Your **Lifecycle 5500** aerobic trainer features graduated levels of intensity to more closely simulate riding through hills and valleys. As you encounter hills in various programs, the pedal resistance will increase or decrease for the duration of that hill.

The **Lifecycle 5500** aerobic trainer is a “constant work” machine; in the Hill, Random and Manual programs, pedal resistance automatically compensates for changes in RPM. In other words, the slower you pedal, the greater the resistance; conversely, the faster you pedal the less resistance you feel\*. The distance you travel will remain the same; pedaling faster will not bring you to the end of a program sooner nor burn more calories, assuring you of a consistent workout.

**NOTE:** Mileage readings are arbitrary and should not be used to compare workouts in different programs. Total calories burned is the best measure of the amount of work performed in any given workout.

\*This is true as long as you pedal faster than 65 RPM. Below 65 RPM, the resistance will drop off to the point where you can continue pedaling at a pace sufficient to maintain power to the console.



## ***TO BEGIN ANY LIFECYCLE 5500 AEROBIC TRAINER WORKOUT:***

- First adjust the seat to a comfortable position and make certain the seat pin is properly locked and the bike is level.
- Begin pedaling and press the START key.
- You can “**Quick Start**” a Manual program workout without using the PROGRAM SELECT key. To do so, enter a resistance level rather than selecting a workout program. The computer will automatically begin a 99-minute Manual workout program. (If you wish to base your workout effort on a watts value, see the **Watts Programmability Option** box.)
- Select one of the flashing program options by pressing the PROGRAM SELECT key until the program you want is lit and then ENTER (or wait 10 seconds and your selection will be automatically entered). Or, you may press the Fit Test key or the Race key (Number 9 on the keypad).

***REMEMBER – YOU CAN CHANGE LEVELS ANY TIME  
BY SIMPLY KEYING IN A NEW LEVEL!***

HILL	RANDOM OR RACE	MANUAL OR FIT TEST
0	0	0
3-4	2-3	1
6-7	5-6	2
8-9	6-7	3
9-10	7-8	4
12	9-10	5
	11	6
	12	7
		8
		9
		10
		11
		12

*Effort level equivalency table*





## **HILL PROGRAM**

- After selecting a Hill workout, you will be asked to enter your desired workout time in minutes. Enter a number from 1-99 minutes and press ENTER.
- Once you have selected the duration of your Hill workout the program will begin. All you need to do now is choose an effort level between 0 (easiest) and 12 (hardest).

The ***Lifecycle 5500*** aerobic trainer's patented Hill program offers the ideal configuration for interval training: periods of intense aerobic activity separated by regular intervals of lower-intensity exercise. Interval training programs have been scientifically demonstrated to yield greater cardiorespiratory improvement than steady-pace training.

Not only does the Hill program offer the challenge of alternating periods of high and low intensity, but the levels of intensity become progressively more difficult during the course of the program. The longer a Hill program you choose, the greater the time spent atop a hill and at the bottom of a valley – up to a 20 minute program. For any workout duration greater than 20 minutes, the maximum amount of time spent atop a hill or at the bottom of a valley is one minute. Additional hills are added depending on how long you choose to workout.

***Each Hill program session comprises the following phases:  
(1) Warm-up, (2) Plateau, (3) Interval Training, and (4) Cool-down.***

- ***Warm-up:*** Gradually brings your heart rate into the lower portion of your target heart rate zone, increasing respiration and blood flow to working muscles.
- ***Plateau:*** Brings your heart rate into your target zone. Check your pulse at the end of the plateau period to ensure that you have entered your target heart rate zone.
- ***Interval Training:*** A series of hills and valleys. During this portion of your workout, you will be confronted with four successively steeper hills, each separated from the next by a valley, or recovery period. Check your heart rate at the end of the interval training period to ensure that you have stayed within your target zone.
- ***Cool-down:*** The cool-down allows your body to begin removing accumulated by-products of exercise, such as lactic acid, which build up in muscles during your workout and contribute to muscle soreness.



HEART RATE CHECK POINTS:

For Fat Burning:

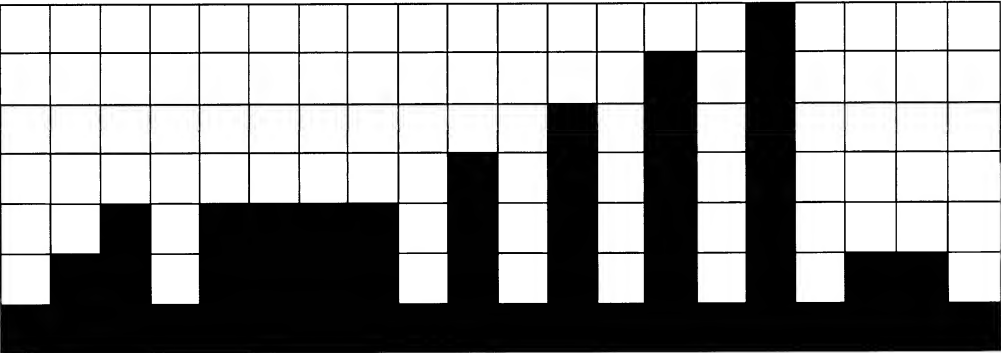
- ✓ *First Heart Rate Check Point* — Your heart rate should be between 60% and 70% of the theoretical maximum heart rate for your age category.
- ✓ *Second Heart Rate Check Point* — Your heart rate should be between 70% and 75% of the theoretical maximum heart rate for your age category.

For Cardiovascular:

- ✓ *First Heart Rate Check Point* — Your heart rate should be between 75% and 80% of the theoretical maximum for your age category.
- ✓ *Second Heart Rate Check Point* — Your heart rate should be between 80% and 85% of the theoretical maximum for your age category.

The Hill diagram below shows the effort level and recovery periods encountered during a Hill workout. Effort and recovery periods are simulated on the display console by columns of lights in the Program Profile window. The columns move from right to left during the workout. The higher the column, the higher the incline; consequently, you must increase your effort.

TERRAIN (HILLS AND VALLEYS)



Hill profile diagram



## **RANDOM AND MANUAL PROGRAMS**

- After selecting a Random or Manual workout, you will be asked to enter your desired workout time in minutes. Enter a number from 1-99 minutes and press ENTER.
- Choose an effort level between 0 (easiest) and 12 (hardest).

### ***RANDOM PROGRAM...***

The computer randomly selects hill and valley terrain which varies with each and every workout, resulting in more than one million combinations. Because resistance levels are greater in this program than in the Hill program, it is recommended that the Random program be set one or two levels *lower* than the level of intensity you would normally select on the Hill program.

### ***MANUAL PROGRAM...***

The Manual program provides steady-pace exercise equal to that of the highest hill encountered on the Hill program at the same level of effort (except at level 0, when the resistance equals that of the lowest valley). Because of the greater resistance levels of this program, it is recommended that you set the Manual program about two to five levels *lower* than the level of effort that you would normally select on the Hill program. (To select a watts resistance level, see the **Watts Programmability Option** box.)

## **RACE PROGRAM**

- After pressing the START key, press the Race (9) key followed by the ENTER key.
- Select a time goal from 1 to 99 minutes and press ENTER.
- Then input the desired effort level between 0 (easiest) and 12 (most difficult).

The Race Program uses varying pedal resistance to turn your **Lifecycle 5500** aerobic trainer into a 12-speed racing bike. Unlike other programs featuring fixed-pedal resistance, Life Fitness's Race program varies the pedal resistance based on the speed at which you are pedaling. The faster your pedaling speed the greater the resistance, the greater number of miles traveled and the more calories you will burn. Because the Race program features greater effort levels than the Hill Profile program, it is recommended that you choose an effort level one to two levels *lower* than the level you would normally select in Hill Profile.

The program profile window display will display more or fewer rows of LEDs to indicate changes in pedal resistance.



## **FIT TEST PROGRAM**

The **Lifecycle 5500** exercise bike Fit Test program is another exclusive feature of this versatile aerobic trainer. Your Fit Test score is also an approximate measure of your  $\text{VO}_2$  max; think of it as your relative fitness score. Use the Fit Test to monitor improvement in your endurance every four to six weeks.

- After selecting the Fit Test program with the PROGRAM SELECT key, the data entry window will ask for your age (**AGE**). Use the numeric keys to input your age and press ENTER.
- After entering your age, the data entry window will ask for your weight: (**Lb** for weight in pounds on English units or **gr** for weight in kilograms on metric units). Use the numeric keys to input your weight and press ENTER.
- After entering your weight, the data entry window will ask you to select your gender (**SE**). Press 1 for male or 2 for female and then press ENTER.
- Finally, consult the **Activity Levels** chart below for the approximate effort level (**L**) at which you should take the Fit Test based on your age, gender and activity level. Use the numeric keys to enter the corresponding level.

After you have completed the five-minute Fit Test, use the time prompt to take your pulse and enter it with the numeric keys. Your Fit Test score will be displayed, which you can use to find your ranking in the Fit Test scoring tables located on page 19.

**NOTE:** These activity levels are based on a 170-pound (77-kilogram) man and a 125-pound (57-kilogram) woman. If your weight varies from these values substantially, you may wish to increase or decrease the indicated levels accordingly.

If your heart rate is below 65% of your theoretical maximum heart rate at the conclusion of the Fit Test, retake the test at a higher level.

The Fit Test is an estimate of your  $\text{VO}_2$  max, which is a measurement of how well the heart supplies oxygenated blood to the exercising muscles and how efficiently those muscles receive oxygen from the blood. This measurement is generally regarded by physicians and exercise physiologists as the standard for aerobic capacity.

**NOTE:** To receive a proper Fit Test score, you must be working within your training heart rate zone, which is 60%-85% of your theoretical maximum heart rate.



## RECOMMENDED FIT TEST LEVELS

<i>AGE (years)</i>	<i>WEIGHT</i>	<i>INACTIVE</i>	<i>ACTIVE</i>	<i>VERY ACTIVE</i>
< 30	< 130	1	2	3
	131-169	2	3	4
	170-210	3	4	5
	> 210	4	5	6
30-39	< 130	0	1	2
	131-169	1	2	3
	170-210	2	3	4
	> 210	3	4	5
40-49	< 130	0	0	1
	131-169	1	1	2
	170-210	1	2	3
	> 210	2	3	4
≥ 50	< 130	0	0	0
	131-169	0	1	1
	170-210	1	1	2
	> 210	1	2	3



## ***FIT TEST TIPS:***

*The computer will not accept:*

- heart rates less than 90 or greater than 199 beats per minute;
- body weights less than 74 pounds (34 kg) or greater than 399 pounds (189 kg);
- ages below 10 or above 99 years;
- data input that exceeds human potential.

*If you make an error when entering any Fit Test data, you can correct it by pressing CLEAR-PAUSE, inputting the correct information, and pressing ENTER.*

*It is important for you to take the Fit Test under similar circumstances each time. Your heart rate is dependent on many factors, including:*

- amount of sleep the previous night (at least seven hours is recommended);
- time of day;
- time you last ate (two to four hours after the last meal is recommended);
- time since you last drank a liquid containing caffeine or alcohol, or smoked a cigarette (at least four hours is recommended);
- time since you last exercised (at least six hours is recommended).

*For the most accurate Fit Test results, you should perform the Fit Test on three consecutive days and average the three scores.*



**RELATIVE FITNESS CLASSIFICATIONS FOR MEN**

RATING	AGE				
	20-29	30-39	40-49	50-59	60-69
<i>Elite</i>	55+	52+	50+	48+	45+
<i>Excellent</i>	50-54	47-51	45-49	43-47	40-44
<i>Good</i>	45-49	42-46	40-44	38-42	35-39
<i>Above Average</i>	40-44	37-41	35-39	33-37	30-34
<i>Average</i>	36-39	33-36	31-34	29-32	26-29
<i>Below Average</i>	31-35	28-32	26-30	24-28	21-25
<i>Poor</i>	26-30	23-27	20-25	18-23	16-20
<i>Very Poor</i>	<26	<23	<20	<18	<16

**RELATIVE FITNESS CLASSIFICATIONS FOR WOMEN**

RATING	AGE				
	20-29	30-39	40-49	50-59	60-69
<i>Elite</i>	49+	46+	44+	42+	40+
<i>Excellent</i>	44-48	41-45	39-43	37-41	35-39
<i>Good</i>	39-43	36-40	34-38	32-36	30-34
<i>Above Average</i>	34-38	31-35	29-33	27-31	25-29
<i>Average</i>	30-33	27-30	25-28	23-26	21-24
<i>Below Average</i>	25-29	22-26	20-24	18-22	16-20
<i>Poor</i>	20-24	17-21	15-19	13-17	11-15
<i>Very Poor</i>	<20	<17	<15	<13	<11

*Fit Test Scoring tables*

## ***PREVENTIVE MAINTENANCE TIPS***

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Your ***Lifecycle 5500*** aerobic trainer is backed by the engineering excellence of Life Fitness and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. Commercial Life Fitness exercise bikes are among the most popular of aerobic trainers, regularly standing up to marathon use — 18 hours a day, 7 days a week — in health clubs, colleges and military installations the world over. This same technology and engineering expertise has gone into your ***Lifecycle 5500*** aerobic trainer.

Here are some preventive maintenance tips that will keep your ***Lifecycle 5500*** exercise bike operating at peak performance:

- Locate your ***Lifecycle 5500*** aerobic trainer in a cool, dry place. **Do not** place it outdoors, near swimming pools or in areas of high humidity.
- Clean the seat surface, the pedals and the housing regularly with a soft, clean cloth (you may use a non-abrasive liquid cleaner on the housing).
- Clean the seat post shaft and check the pin insertion regularly. If needed, lubricate the seat post with one or two drops of machine oil or automotive wax.
- Keep the display console free of fingerprints and salt build-up caused by sweat. Use a 100% cotton cloth lightly moistened with water and a mild liquid detergent (other fabrics or paper towels may scratch the surface).
- Use the pad of your fingertip to press the console buttons; long fingernails may scratch the surface of the console.
- The chain and pedal shaft should be cleaned, lubricated and inspected annually. Refer to the directions on the following page for instructions on how to remove the housing for access to these components.





# HOW TO REMOVE THE HOUSING ON THE LIFECYCLE 5500 AEROBIC TRAINER

## Step 1

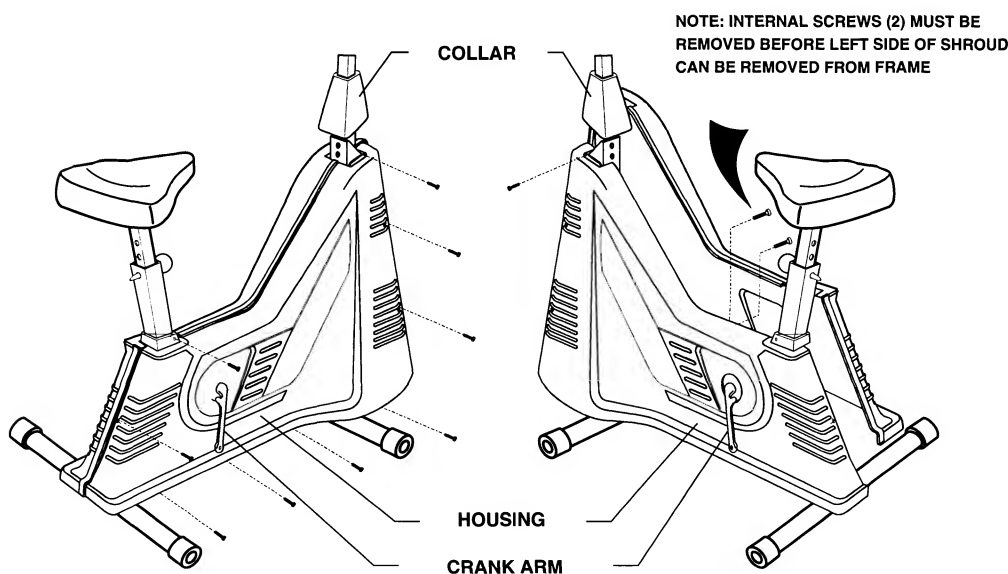
Remove the left-side PEDAL (the user's left side; small hole-side of the housing) by turning the PEDAL NUT **clockwise** with a 5/8" open-end wrench, then remove the right-side PEDAL by turning the PEDAL NUT counter-clockwise.

## Step 2

Raise the COLLAR from the base of the HANDLEBAR POST by pinching the sides of the COLLAR and lifting upward. Remove the two SCREWS securing the right and left HOUSINGS to the FRAME.

## Step 3

Remove the eight screws (total) from the right side of the shroud at the locations shown in the illustration below.



*How to remove the housing of the Lifecycle 5500*



**Step 4**

Swing the right-side CRANK ARM to the two o'clock position and **carefully**, to avoid scratching or damaging the shroud, guide the right-side HOUSING up and over the CRANK ARM and remove from the machine.

**Step 5**

Remove the two internal SCREWS still securing the left-side HOUSING to the FRAME. Swing the left-side CRANK ARM to the two o'clock position and **carefully**, to avoid scratching or damaging the shroud, guide the left-side HOUSING up and over the CRANK ARM and remove from the machine.

**Step 6**

Reverse steps 1-5 to return shroud to its original position.



*Interior of the Lifecycle 5500*



## HOW TO SOLVE BASIC OPERATING PROBLEMS

Symptom	Probable Cause	Corrective Action
No Power	<ul style="list-style-type: none"> <li>• 9-volt battery voltage too low</li> <li>• Harness not connected</li> </ul>	<ul style="list-style-type: none"> <li>• Replace 9-volt alkaline battery</li> <li>• Disconnect and reconnect harness</li> </ul>
Difficult to pedal	<ul style="list-style-type: none"> <li>• 10- to 15-hour break-in period not complete</li> <li>• Selected level of difficulty too high</li> </ul>	<ul style="list-style-type: none"> <li>• Ride the bike for 10 to 15 hours</li> <li>• Lower the level of difficulty</li> </ul>
Bike shuts off during ride	<ul style="list-style-type: none"> <li>• User stopped pedaling or RPMs dropped too low</li> <li>• Not entering proper workout duration</li> </ul>	<ul style="list-style-type: none"> <li>• Use "Pedal Faster" or "Pedal Slower" lights to help maintain RPMs</li> <li>• Check that desired workout duration appears in display window prior to pressing ENTER</li> </ul>
Display flickers or fades in and out	<ul style="list-style-type: none"> <li>• Pedaling too slowly</li> <li>• Wire harness connector loose</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain sufficient RPMs by using "Pedal Faster" or "Pedal Slower" lights</li> <li>• Carefully remove console and disconnect then reconnect the 16-pin connector</li> </ul>



## **HOW TO OBTAIN PRODUCT SERVICE**

### **Step 1**

Verify the symptom and review the operating instructions and **How To Solve Basic Operating Problems** on the previous page. The problem may be unfamiliarity with your **Lifecycle 5500** aerobic trainer's features and programs.

### **Step 2**

Locate and document the serial number of the unit, which is located on the underside of the bike, just behind the front stabilizer bar.

### **Step 3**

Contact **Life Fitness After Market Services**:

#### **Life Fitness After Market Services**

10601 West Belmont Avenue

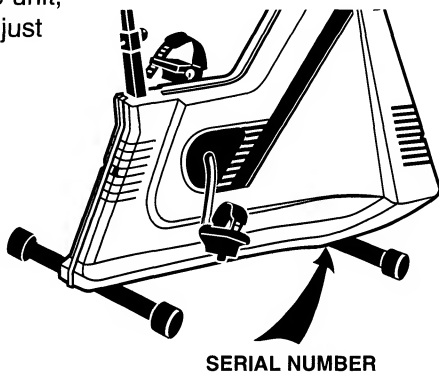
Franklin Park, IL 60131

(800) 351-3737

(Toll Free within the U.S. and Canada)

(708) 451-0036

FAX: (708) 288-3702



#### **For Product Service In Europe:**

##### **Life Fitness GmbH**

Telephone: (089) 31 77 51-0

FAX: (089) 3 10 73 69

##### **Life Fitness BeNeLux**

Telephone: (03) 644 44 88

FAX: (03) 644 24 80

##### **Life Fitness Austria**

Telephone: (02266) 61959

FAX: (02266) 61959

##### **Life Fitness UK Ltd**

Telephone: (01353) 666017

FAX: (01353) 666018

##### **Life Fitness Italia S.R.L.**

Telephone: (0472) 835470

FAX: (0472) 833150

Please have the serial number of your **Lifecycle 5500** aerobic trainer and the problem/symptom ready for the After Market Services Specialist who will be assisting you. This information is necessary for us to help solve any problems you may be having.



# **LIFECYCLE 5500 AEROBIC TRAINER**

## **SPECIFICATIONS**

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<b><i>Designed use</i></b>	Consumer
<b><i>Maximum user weight</i></b>	250 pounds / 113.4 kilograms
<b><i>Power requirements</i></b>	None
<b><i>Programs</i></b>	Hill, Random, Manual, Race, Fit Test
<b><i>Console displays</i></b>	Elapsed time, pedal RPM and MPH/KPH, calories per hour (WATTS or METS optional), total calories burned, distance traveled (miles or kilometers), resistance level

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### **PHYSICAL DIMENSIONS:**

<b><i>Length</i></b>	41 inches / 104 centimeters
<b><i>Width</i></b>	23 inches / 58 centimeters
<b><i>Height</i></b>	55 inches / 140 centimeters
<b><i>Weight</i></b>	78 pounds / 35 kilograms
<b><i>Color</i></b>	Light grey with black accents

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### **SHIPPING DIMENSIONS:**

<b><i>Length</i></b>	47 inches / 119 centimeters
<b><i>Width</i></b>	23 inches / 58 centimeters
<b><i>Height</i></b>	38 inches / 97 centimeters
<b><i>Weight</i></b>	102 pounds / 46 kilograms







*LifeFitness*

10601 West Belmont Avenue  
Franklin Park, Illinois 60131  
(708) 288-3300  
(8/95) 600-065

M051-00K17-A074